

What's Happening?

A NEWSLETTER

FOR THE MAINE MEDICAL CENTER FAMILY

MaineHealth program to implement Tobacco HelpLine

Under a contract from the Partnership For A Tobacco-Free Maine (PTM), Bureau of Health, Department of Human Services, MaineHealth's Center for Tobacco Independence will implement the Maine Tobacco HelpLine. MaineHealth received the contract and developed the PTM HelpLine program to help people who want to quit using tobacco.

At a press conference on Friday, September 7, Governor Angus King made a call to the HelpLine. Now any Mainer who uses tobacco, or wants to help someone who does, may call 1-800-207-1230 to reach a tobacco treatment specialist. Callers will receive confidential counseling and information tailored to their needs and readiness to quit using tobacco.

The Center for Tobacco Independence (CTI) will develop programs that improve access to treatment for smokers and implement training initiatives sponsored by the PTM. Under the 18-

HELPLINE, SEE P.2

Join celebration of African & African American presence in our community

A traditional drumming and masquerade ceremony, oral histories recorded by local high school students, and a tour of stops along the Underground Railroad are among the events scheduled to celebrate the people of African descent living in Southern Maine.

The celebration, "I Make My Home in Maine: Honoring Black and African Heritage," will be held Thursday, September 20 through Tuesday, September 25. It is sponsored and endorsed by nearly 30 community organizations, among them the City of Portland Office of Equal Opportunity and Multicultural Affairs, Key Bank, Maine Medical Center, USM, the University of New England, and Borders. All events are free and open to the public.

"People of African and African American descent are playing an

CELEBRATION, SEE P.4



What are these people doing in Deering Oaks Park...all dressed alike? See p.3 to find out. AV Photo.

Outpouring of support: Maine Medical Center staff respond to September 11 tragedy.

Watch for story in next issue of *What's Happening*.

MMC offers program to foster lifelong wellness

Beginning this month, MMC will offer a comprehensive wellness program to members of the community. Called *Follow Your Heart to a Healthy Lifestyle*, the program aims to prevent heart disease by helping participants change their lifestyles. This is the first time a program of this nature has been offered in Maine.

"Studies show that successful wellness programs, which prevent disease and promote health, integrate exercise, healthful foods, and stress reduction in a holistic context that recognizes the connections between body, mind, and spirit," says Gail Crocker, RN, Follow Your Heart program director. "The Follow Your Heart program approaches wellness in this way and has the added benefit of medical supervision."

Participants leave the program with a wealth of information about their own health status. Like many fitness centers, the program provides each participant with a body mass index calculation, a three-day diet analysis, a measurement of resting heart rate and blood pressure, an assessment of agility, balance, and strength, and

five hours with a exercise specialist. Unlike traditional exercise programs, Follow Your Heart participants receive a cholesterol profile, a blood glucose study, and an electrocardiogram.

Every class begins with a "check-in" period that allows each participant to relate his or her successes and obstacles from the previous week. The bulk of the class time is spent learning from an expert and then applying the new concepts in a hands-on skill building session or demonstration. At the end of the class, each participant develops an action plan for the coming week. *Jolene Michaud*

The program spans eight weeks, from September 20 through November 8, and is held each Thursday from 1800-2000 hours. The cost is \$195. The classes are: Creating a Happier and Healthier Life, Medical Indicators of Health, Nutrition for the Long Haul 101, Walk This Way: A Cooking Demonstration, Building the Foundation for Health Fitness, Mindfulness as a Way of Being, Mind-Body Concepts in Physical Activity, and Wellness as a Way of Life. For more information or to register, call 1-888-312-2733.

HELPLINE, FROM P.1

month contract, CTI will:

- Operate the toll-free HelpLine, a confidential, individualized behavioral counseling service,
- Establish a voucher program to improve access to tobacco treatment medications to those who qualify, and
- Train healthcare providers and others about tobacco dependence treatment. The Partnership For A Tobacco-Free Maine training programs will focus on assessment, treatment, and management of tobacco abuse. Participants will include health and school professionals in communities all over the state.

The people at CTI and at Maine Medical Center's Tobacco Treatment Program offer different programs and serve different functions, but are all members of the same extended team with the goal of helping people quit using tobacco. Tim Blanchette, RRT, and Becky Hitchcock, RN, NP, provide treatment to inpatients and are developing outpatient programs due to start this fall. The CTI will identify what are considered best practices for the most effective treatment for people who want to stop using tobacco. CTI staff will provide education on tobacco-related issues and serve as a source of technical assistance to professionals at MMC as well as organizations throughout the state.

The Center for Tobacco Independence is a new initiative of MaineHealth. Joan Klayman, LCSW, serves as executive director and Susan Swartz, MD, is medical director.



Environmental & Linen Services Week

September 10 -- 16

Celebrate the efforts and contributions of MMC's Environmental and Linen Services staff, devoted members of the healthcare team.

Patients will appreciate your pre-read current magazines featuring sports, fitness, entertainment, or women's issues.

Donations may be left in the Volunteer Office.

MMC Employee Assistance Program: Helping you meet life's challenges

Georgette Jackson, a representative from Maine Medical Center's Employee Assistance Program (EAP), OPTUM, will be the speaker at a Lunch & Learn, Friday, September, 28, from 1130 to 1230 hours, in Dana Center Classroom 2. MMC HR representatives will also be available. No sign-up is needed; just bring your lunch and a co-worker to hear about the many benefits available to you and your immediate family members through the EAP.

The EAP provides assistance in the areas of emotional strain, relationship concerns, stress management, grief and loss, financial, and personal legal issues. This confidential service is accessible 24 hours a day, seven days a week, by calling 761-8345 or 1-877-524-2961. Mark your calendar to learn more about the EAP!

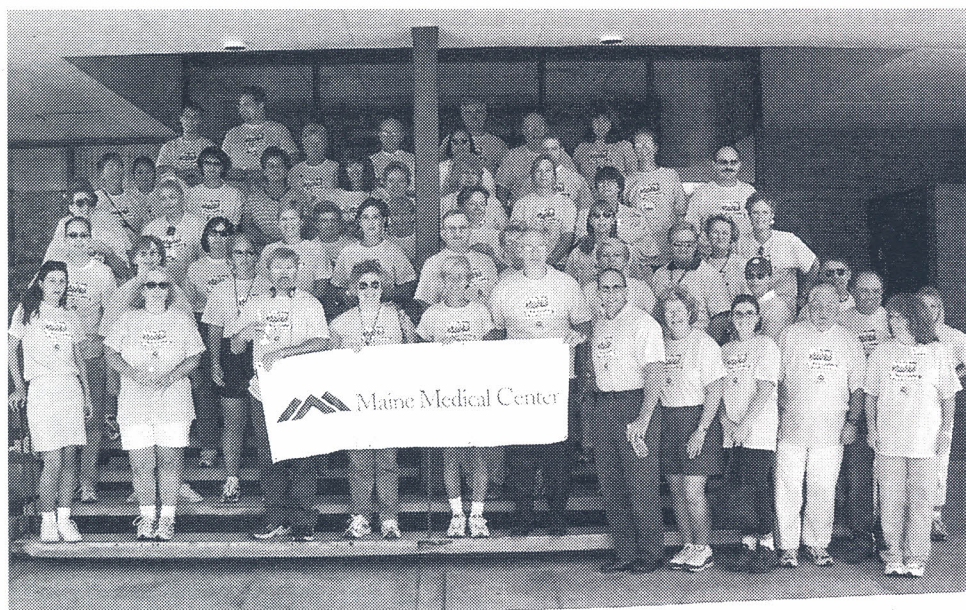
United Way campaign gets off to a great start!

**As of September 12, MMC employees had raised \$68,133
in support of our local United Way.**

We are more than half way to our goal of \$125,000!

**Return your pledge card to be entered in the
daily drawing for a \$50 LL Bean gift certificate.**

You can enter whether you choose to give or not!



Here are some of the 100 or so MMC employees who showed their support for United Way of Greater Portland. They helped kick off the 2001 United Way Campaign on Thursday, September 6, by walking from MMC to Deering Oaks Park to Monument Square. AV Photo.

Maine Heart Center co-sponsors program for families

The Maine Heart Center at Maine Medical Center's Turning Point program and the USM Lifeline Center will offer SHAPEDOWN, a new family-based weight management program for obese pre-teens (aged 11-13) this fall. The ten-week group program will begin its first series of classes Tuesday, October 9. Classes will take place from 1700-1900 hours at MMC's 13 Charles Street location. Both children and their parents participate.

Classes will provide practical information, skill building, and fun activities. Sessions will be led by a registered dietitian and an exercise physiologist/counselor. They will cover a variety of topics, including the parent's role in a child's weight management, enhancing self-esteem and self image, and the causes and consequences of adolescent obesity. At each class, 30 minutes will be devoted to physical activity and fitness.

The registration deadline is Monday, September 24. Each enrolled family will meet with program facilitators prior to their first class for an assessment and evaluation of goals and expectations. MMC families can take advantage of a discounted program price of \$325. For more information or a program brochure, contact Lifeline: 780-4170 or patr@maine.edu.

CELEBRATION, FROM P.1

increasingly prominent role in the life of Southern Maine so the timing is right to honor their history and culture," said Rachel Talbot Ross, Portland's Director of Equal Opportunity and Multicultural Affairs, and an organizer of the celebration.

The celebration opens at 1100 hours, Thursday, September 20, with the exhibit "The Role of the Ancestors and Vessels of Healing". The opening will run until 1700 hours at The Museum of African Tribal Art, 122 Spring Street in Portland. An African drumming and masquerade ceremony also will be held from 1530 to 1700 hours.

A live broadcast of a panel discussion on meanings of home will air from 1900 to 2100 hours, Thursday, September 20, on WMPG Radio, 90.9 FM, the community station based at USM.

Alvin Poussaint, MD, a

Clinical Professor of Psychiatry at Harvard Medical School, will give the keynote address, "Violence and Racism: A Public Health Crisis", at 1900 hours, Friday, September 21, in USM's Luther Bonney Auditorium, Portland. Poussaint is coauthor of the book, "Lay My Burden Down: Unraveling Suicide and the Mental Health Crisis among African-Americans". In a recent review, the *New England Journal of Medicine* cites the book as a "remarkable achievement" and notes that the authors have "exposed the scourge of suicide among blacks, with a cogent analysis that is emotionally powerful". Poussaint also is a frequent consultant to Bill Cosby and has contributed to several of Cosby's books.

At 1900 hours, just prior to Poussaint's lecture, Portland High students will share the oral histories they have recorded as part of the USM African Ameri-

can Archives of Maine project, "Home Is Where I Make It".

Events on Saturday, September 22, include a daylong lithograph display, "The Role of the Abyssinian in the Anti-Slavery Movement in Portland", a meeting of the New England Chapter of the Afro-American Historical & Genealogical Society from 1000 to 1200 hours, and a free buffet luncheon and lecture on "The Social Construction of the African-American Identity in the United States" by Professor David J. Malebranche of Emory University. These events will be held at USM's Woodbury Campus Center, Portland. *Julie Claffey*

A tour of Underground Railroad and anti-slavery sites will leave the Woodbury Campus Center at 1430 hours, Saturday, September 22. The film "Lost Boundaries", which documents a black doctor's search for employment that ends at Maine Medical Center, will be shown at 1800 hours, at the University of New England's Blewett Science Center in Portland. A discussion led by local historian Herb Adams will follow.

The celebration concludes at 1930 hours, Tuesday, September 25, with a public lecture by Nobel Laureate Wole Soyinka, a Nigerian exile. His address, to be held in USM's Sullivan Gym, Portland, is the keynote event in the USM Gloria S. Duclos Convocation on "Diaspora: Meanings of Home."

For more information, call 874-8689, TTY 756-8323.

Minimization of scents and fragrances in the workplace

Indoor air quality issues can affect everyone, but they can especially bother patients due to their illnesses or interactions with pharmaceuticals prescribed for them. Scents, fragrances, and personal hygiene products can contain chemicals which may irritate or harm some people. Some may be severely impacted by these chemicals, which can produce symptoms ranging from headaches to life-threatening reactions.

In order to prevent discomfort or potentially serious reactions among patients, visitors and employees, anyone working at an MMC facility is requested not to wear, open, or apply strongly scented personal products. Products designed to give off scent -- such as air fresheners or potpourri -- should not be brought into the work environment. If someone complains about a scented product, please remove it from the area or wash it off. This request applies to both office and patient care areas.

The Safety Office responds to indoor air quality complaints and is a resource concerning chemical irritants. For guidance on a particular product, contact the Safety Department at 871-2513.

**Learn about jobs
available at MMC:**



www.mmc.org

Attend a conference on solutions to clinical problems

Ever wished you could change some of the clinical practice issues on your unit? Have you been frustrated with an inability to effect patient outcomes? Wonder how organizations determine 'best practice'?

The Research Committee also struggles with many of the same questions. In a quest for answers, the Committee is sponsoring a conference on October 22, "Finding Solutions to Clinical Problems". Keynote speaker Jane Barnsteiner, RN, PhD, FAAN, is nationally recognized for her leadership in the development of interdisciplinary clinical "best practices" benchmarks and protocols to improve quality of care for hospitalized children. A prolific writer, researcher, and practice explorer, Dr. Barnsteiner is well acquainted with the practice issues in today's health care environment.

As well as the keynote speaker, the conference will showcase "solutions" to clinical problems. These solutions may come from research, research utilization, quality improvement initiatives, or other creative solutions. They may come from within the walls of Maine Medical Center, or beyond, from other colleagues struggling with similar clinical issues. Together we will have an opportunity to learn new ways and processes to address clinical concerns.

Watch for further information on the conference. To learn how you can showcase your solutions, call Alyce Schultz, Nurse Researcher, 871-6011.

Progress in Cardiovascular Disease: *A Clinical Update for Physicians, Nurses & Other Providers*

Day I: September 21, 0815 -- 1600 hours

6 Hours Category I CME Credit, 7.0 Contact Hours

Day II: September 28, 0830 -- 1600 hours

5.5 Category I CME Credit, 6.7 Contact Hours

Dana Health Education Center

Physicians, nurses, and other providers are invited to examine current evidence-based directives in the management of cardiovascular disease and the challenges associated with improvement in patient outcomes.

For details/brochure, call 871-2290

What's It All About?

**Maine Medical Center School of Surgical Technology
Open House**

Wednesday, September 26, 1800-2000 hours

Southern Maine Technical College

Public Service Building, Room111

Fort Road, South Portland

No reservations needed.

Call the School for more information, 767-9589.

Now accepting applications.

Taking Care of Kids' Hearts

Hosted by Jennifer McNeil, Fox51 News

Learn from medical experts what you can do to help your child develop a healthy heart. The evening will also feature a special panel discussion for your questions. Topics include:

- All about heart murmurs, Richard McFaul, MD
- Clearing your child to play sports, Maribeth Hourihan, MD
- Why children faint, Jon Donnelly, MD

Please join us Wednesday, September 19, 1800-2000 hours

Dana Center Auditorium

Refreshments will be served.

The Family Heart Series is free.

Call 871-2196 to register.

Presented by



THE MAINE HEART CENTER
At Maine Medical Center

The MaineHealth® Family

New Coffee Shop Hours

0700-1630 hours



Grill open 'til 1530 hours; Deli open 'til 1630 hours

Fridays: Grill open 'til 1500 hours, Deli 'til 1630 hours

Doctors Dining Room now open 1100--1400 hours

Available to departments for meetings, etc., before 1100 and after 1400 hours. Call Jerry, 871-6962, to reserve.



Weekly menu posted at first cash register

Create your own sundae every day!

Two soups every day from now 'til spring!

Everything on the menu is homemade!

Perinatal Loss

Bereavement Support and the Caregivers

This session will increase caregivers' awareness of the support systems helpful in managing the bereaved patient and her family; identify the issues related to perinatal loss, and cover MMC guidelines and Maine regulations.

Presenters:

Linda Mae Lucas, MSLSW

Janet Oliver-Palanca, RN, BSN,

The Family Birth Center and Chair,

MMC Committee on Bereavement and Perinatal Loss

Peg Bradstreet, MS, RNCS,

Advance Practice Psychiatric Nurse/Clinical Specialist,

MMC Bereavement Support Group Facilitator

- **Tuesday, September 25, 1830--2130 hours**

Dana Center Classroom 1

- **Thursday, October 4, 1330--1530 hours**

Dana Center Classroom 7

O R

- **Friday, October 5, 0800-0930 hours**

(OB/GYN Grand Rounds) Dana Center Classroom 7

An educational forum sponsored by the Family Birth Center. CME and CEU credit will be awarded. FMI call Aida Stevens, 871-4852.

High cholesterol?

Maine Medical Center seeks participants for a research project to study a new medication for high cholesterol. Qualified participants will receive at no cost:

- Medical history review
- Nutrition evaluation
- Lab testing
- Study medication

For more information, call 871-3834.

Medical Services Federal Credit Union Information Tables

Bramhall Campus

Ground Floor Bypass

September 20, 0700-1500 hours

Brighton Campus

Cafeteria

September 27, 0700-1500 hours

Bramhall Campus

Cafeteria

September 28, 0700-1500 hours

Anecdotes from the Archives

In 1888, the Board of Directors of Maine General Hospital discussed the addition of a new wing. The Board wished to advance to the next level and fulfill the original architectural plans for four wings. The Western Wing was completed in 1892 using Freeport granite, discovered in 1886. Edmund B. Mallett was instrumental in bettering the economy of Freeport by building a shoe factory and thus discovering the granite.

***--MMC Library,
Archives Section***

Marketplace

In order to ensure that everyone has an opportunity to use the Marketplace, ads may be placed *once only*. Repeats will be permitted only on a space-available basis.

FOR SALE

New Toyoset portable heater, OMNI 230. 23,000 BTU. 12-16 hours per tank. \$125. Call 767-8231.

Rebuilt Monitor 22 kero heater w/ exhaust pipe, \$700; lifter pump, \$150. Both \$650. Call 767-1770 after 6 pm.

Almost new Pro-Form 490GS treadmill w/extended warranty. Call 797-5758.

Entertainment center, \$15; kitchen table, \$20; 2 bureaus, \$10 ea; antique night stand, \$20; 13" color tv, \$25; VCR, \$25; living room blue chair, \$10. Call 878-3998.

Handspring Visor Palm computer/organizer. Never used. 2PC docking stations. \$125. Snare drum and/or flute, \$200 ea or BO. Brother word processor. \$100. Call 926-4838.

1999 Taurus wagon. A/C, PW/PL/seat. Keyless entry, am/fm/cass. 48K miles. \$11,000. Call 829-6980.

1998 Chev Monte Carlo. Green, auto, A/C, 1 owner, 26K miles, CD, \$10,200. Call 885-5862, eves best.

1995 BMW 525i. All black, 5 speed, CD, alarms. 62K miles. Asking \$17,500. Call 781-2509.

1995 Ford Taurus. Loaded, auto, 136K miles. New brakes, tires. Exc cond. 30 mpg highway. \$2,795. Call 998-3151.

1994 Chev Corsica. 49K miles. 4dr, PW/PL, AC, am/fm/cass. Well maint. \$4,800 or BO. Call 772-5004 or 773-7922.

1990 Dodge Caravan. Auto, V6, seats 7. Call 838-9926.

1984 Ford Mustang SVO, blk, turbo, 5 spd., leather, PW/PL, new tires, driven summers, 108K miles, good cond. \$3,400. Call 637-2430.

1982 motorhome. 26' Class A. Generator, AC, awning. 454 chassis, auto, sleeps 6-8. 60K miles. Call 838-9926.

The Marlborough. Condo opposite Gateway garage. 2BR, LR, DR, K,

hdwd, woodwork & old charm moldings. \$150K. Call 775-1032.

Falmouth, Woodlands. 3BR cottage-style home. \$535K. Call 781-3212.

FOR RENT

Higgins Beach, oceanfront. 1 BR furn. Washer on 1st flr, yard, pkg. \$1,000/mo. incl. utils. N/S, N/P, refs. Avail. now. Call 883-3211.

4 BR home, 2.5 BA, den, DR, basement, garage. Near Brighton Campus. Avail Nov. \$1,300/mo. Call 879-8065.

Cape Eliz, Broad Cove. Exec home, 4,000 SF, heated pool, 12 rooms, 4-5 BR, 2.5 BA, 2 FPs, MBR suite, hdwd, 3 car garage. \$3,900/mo + util. Call 799-3559 or 415-1059.

23 Boynton St, #2. 2 BR, gas heat/hw, laundry, pkg. \$750/mo + util. Call 831-2300.

Falmouth F'side. 3BR, 2 BA cottage. Water views! Avail 9/24 to 5/15/02. N/S, N/P. \$1,200/mo. Call 781-3894 or 781-7313.

Cozy 2 BR home. Renovated, hdwd, basement, W/D, yard. \$1,000/mo. Refs, sec dep req. Call 284-6604.

House on Saco River, Hollis. 20 mi to Ptld. 3 acres, 2BR, 2BA, sunroom, hot tub, office, W/D, DW, NS/NP. Furn. negot., gardens. \$1,050/mo + util. Avail 11/1, lease, 1st, last & dep. Call 727-4115.

Cape Eliz. 1 BR, LR, K, BA, garage, 3rd floor. Walk to beaches. \$675/mo. Avail 10/1. N/S, N/P. Call 767-0076.

1 BR apt, Landmark bldg near MMC. Carpets, full K with hdwd. N/S, N/P. \$1,000/mo. + util. Avail 10/15. Call 773-9600.

W Prom apt, Fore River view, owner in bldg. New carpet, paint. W/D hookup, DW, deck, pkg, sec dep, 2 ref. \$1,300/mo. Call 773-5043.

ROOMMATE WANTED

Mature N/S F to share sunny quiet 2 BR apt 15 min walk from downtown Ptld. FP, DR, gardens, W/D in basement, pkg, own phone line, 2 17 YO

The deadlines for announcement-length items and **MARKETPLACE** are September 18 for the September 26 issue and October 2 for the October 10 issue.

All items must be in writing and may be sent by interoffice mail to the Public Information Department, by e-mail to barstj, or by fax to 871-6212.

cats. \$400/mo + ½ light bill. Avail now. Call 879-1409.

Quiet, N/S M/F to share OOB townhouse. 1 block to beach. \$425/mo incl lg BR, shared BA, K, W&D, all util. Call 934-6103 or 408-2678.

F to share Higgins Beach home. Furn, wood & oil heat, ocean views. NS/NP. Privacy, owner travels. 10/1 - 4/1/02. \$500/mo + util. Call 883-0987 or (202)257-8266.

2 rooms in Back Cove apt. shared w/ quiet prof F. 2nd fl of home, residential area. N/S. \$400/mo + ½ util. Call 828-0456.

Neat F to share 2BR townhouse. Walk to MMC. 1½ BA, W/D, DW, FP, hdwd/carpet, storage, pkg, furn except BR. \$525/mo + ½ util. Avail now. 1 cat. Call 775-9837.

CHILD CARE

Need in-home PT care for 6 mo. old. 4 hours 2-3X per week. Flex hours/schedule. Call 878-8472.

WANTED

Home for 5 YO neut M cat. No dogs or sm. children. Looks like coon cat, shots current. Call 637-2716.

Sect. sofa, gd cond. Call 797-3739.

SERVICES

Lic. massage therapist. Swedish, deep tissue, pregnancy massage. MMC discount. Call 284-0359.

Guitar lessons in my SPtld home. \$12 half hour/\$20 hour. Call 773-7142.

What's Happening?

at Maine Medical Center

- All month** **Healthviews.** Comm. TV Network TV 4, Thursdays, 1400 and 2000 hours; Fridays, 0700 hours.
- Sept. 19** Taking Care of Kids' Hearts, 1800-2000 hours. *See p.5* Call 871-2196.
- Sept. 21** Clinical Update, 2 days. *See p.5* Day 2 is Sept.28.
- Oct. 13** Women's Wellness Day. Call 781-1730.
- Oct. 18** I Love Food: The Signs and Symptoms of Stroke. Call 871-2196.

Living Well with

Chronic Conditions:

Finding new ways to cope with or manage symptoms

Thursdays, 1330-1530 hours

September 20-October 25

Family Practice Center

272 Congress Street, Portland

**FMI or a brochure,
call Cynthia Cartwright,
842-7377.**

Find your name and win a prize!

Look for your name in every issue of *What's Happening* and call 871-2196 if you find it.

**You'll win a gift certificate to the Coffee Shop,
Flower Box, or Impressions Cafe!**

Two winners in every issue! Tell your friends!

Names will be hidden within articles and announcements in italic type.

You may call anytime during the year to claim your prize.

About People

- **Michael Curci, MD**, Director of Surgical Education, was awarded the Maine Medical Association's Annual President's Award for Distinguished Service on September 8.
- Do you have anything to share? Whether it's a professional accomplishment, an award for your department, a paper presented, or some other noteworthy item, we'd be happy to report it in *What's Happening*. Just email the information to Martha Davoli at davolm or fax it to her at 871-6212.

Looking for a good book?

Plan to stop by the next Books are Fun Book Fair, September 19-21, at the Bramhall Campus second floor bypass. The fair benefits The Barbara Bush Children's Hospital and its Children's Miracle Network. You'll find thousands of books, including: educational books, cookbooks, religious books and inspirational titles, sports, photo albums, stationery, toys, videos, music, executive gifts and much more. **ALL AT A 20-70% DISCOUNT!!**

For more information, contact Tammy Murray at 871-2101 or murrata@mmc.org.

What's Happening is published every other week at Maine Medical Center for members of the hospital community and for friends of the institution throughout Maine and northern New England. Comments, questions, and suggestions may be addressed to the Office of Public Information, MMC, 22 Bramhall Street, Portland, Maine 04102-3175. (207) 871-2196. Editor: Wayne L. Clark.

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What's Happening?

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